

CONSCIOUSNESS

1. Define consciousness.
2. Distinguish among the various levels of conscious activity: conscious, nonconscious, preconscious, and unconscious. Give an example of each.
3. Discuss the research on subliminal messages in rock music.

SLEEPING & DREAMING

4. Compare and contrast slow-wave and REM sleep. Explain the differences in the EEGs of each sleep stage. Discuss the physiological changes that occur during REM sleep.
5. Describe a night's sleep and the changes in sleeping patterns that occur across the lifespan. Discuss the role of culture, society, and the individual in sleep pattern differences.
6. Choose TWO of the many sleep disorders and discuss the symptoms and causes.
7. Define circadian rhythms and explain their role in sleep patterns.
8. What is lucid dreaming?
9. Discuss the various theories that explain why people dream, including *wish fulfillment* and *activation-synthesis theory*.

HYPNOSIS & MEDITATION

10. Describe hypnotic susceptibility
11. What is age regression?
12. List some of the applications of hypnosis.
13. List the common characteristics of meditation techniques and describe their effects.

DRUGS

14. Explain the function of the blood-brain barrier and discuss how agonist and antagonist drugs work.
15. Explain the mechanisms of withdrawal syndrome and tolerance.
16. Explain the role of *learned expectations* in the influence of drugs on behavior.
17. Describe the psychological impact of
 - a. Depressants
 - b. Stimulants
 - c. Opiates
 - d. Hallucinogens